

THE SHEPPARD SENATOR

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STEP Promotions

Congratulations to the Sheppard members recently STEP promoted:

Master Sgt. David Bowles,
80th OSS

Master Sgt. Scott Vincent,
Det 1, 361st TRS

Tech. Sgt. Ellen Masman,
82nd MSS

Tech. Sgt. Edward Vottero
384th TRS

Tech. Sgt. Timothy Green
362nd TRS

Tech. Sgt. Russell Wells Jr.
366th TRS

Tech. Sgt. Jason Hanks
Det 5, 373rd TRS

Sunday brunch

The officers club will host a brunch Sunday from 11 a.m. to 2 p.m. The cost is \$10.95 for adult members and \$4 for children 5-12 years old. There will be a \$3 surcharge for nonmembers. All ranks are welcome.



Special treat for 80th spouses

Capt. Michele Minonne, an ENJJPT instructor pilot from the Italian air force, helps his wife **Ornella** with her helmet during Spouse Taxi Day at the 80th Flying Training Wing. See the full story on Page 3. *(Photo by 2nd Lt. Nathan Broshear)*

82nd TRW commander to lead maintenance and logistics at ACC

The Air Force has announced the assignment of Brig. Gen. Michael A. Collings as director of maintenance and logistics, Headquarters Air Combat Command, Langley Air Force Base, Va.

A change of command ceremony will likely take place around the end of February.

As director of maintenance and logistics at ACC, Collings will be responsible for all policy, budget and oversight of the command's maintenance, supply, contracting, transportation and munitions activities. He'll be helping to provide the logistics support for the tip of the spear of America's war-fighting capability.

As a force provider, ACC organizes, trains, equips and maintains combat-ready forces for rapid deployment and

employment while ensuring strategic air defense forces are ready to meet the challenges of peacetime air sovereignty and wartime air defense. ACC forces continue to be very involved in the war on terrorism.

"I look forward to the challenges of this new position," explained Collings, "but I regret having to leave the men and women of Sheppard Air Force Base and the local community."

"While I've only been the wing commander for a relatively short period of time, this tremendous experience has given me a deep appreciation and respect for those involved in training the young men and women today who'll defend us tomorrow," Collings said. "I've also witnessed a level of commu-

nity support second to none. In my 26 years of Air Force service, I've never been more impressed with the support and friendship the military enjoys from the local community."

Brig. Gen. Arthur J. Rooney Jr., who is currently the director of logistics at Headquarters U.S. Air Forces in Europe, Ramstein Air Base, Germany, will be the new commander of the 82nd Training Wing. The general is a distinguished graduate of the ROTC program at Baptist College in Charleston, South Carolina. He has held assignments in the maintenance, logistics and programming fields at squadron, wing, major command, and Air Force headquarters and Joint Staff levels.



Brig. Gen. Michael Collings
82nd Training Wing
commander

The 82nd Training Wing's Action Line is your direct line to me for any concerns and suggestions you have. I am personally involved in every reply, and I am committed to making Sheppard AFB a better place to live, work and play. Before you call the Action Line, however, I ask that you give your chain of command or other base agencies an opportunity to work your concerns. If you still do not receive a satisfactory response, call me at 676-2000, or send an e-mail to

Action Line 676-2000, action.line@sheppard.af.mil

action.line@sheppard.af.mil. Please include your name and telephone number. Those concerns with a wide impact at Sheppard may be published in *The Sheppard Senator*.

AAFES.....	6-2211
AF suggestion office.....	6-IDEA
AFI 36-2903 issues.....	6-2984
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Commissary.....	6-2750
Comm squadron.....	6-5524
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Inspector general.....	6-2031
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MEO.....	6-2360
Patient advocacy	6-7791
Safety.....	6-4149
Security forces.....	6-2745
Services Division	6-2089
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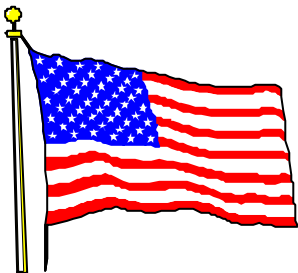
Youth center.....	6-5395
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Billeting, gyms, athletics, and dining halls.....	6-7429
South bowling center.....	6-2170
Victim assistance.....	6-7206
Base straight talk line.....	6-4438

Lack of respect

Q It appears that there is a lack of respect for the flag on Sheppard AFB during reveille. I have noticed that few people stop to pay their respects during "To the Colors." This morning, I arrived at the Hospital Gate just as "To the Colors" was being played. It was time for shift change for the Security Police as well. The SPs who had been relieved were loading their gear into their vehicle, and the SPs at the gate just kept waving people on base as the bugle played. Is it too much to ask to pause the minute or so it takes

to render the appropriate salute to the flag during reveille? I think not.

A You are absolutely correct, the Reveille procedures are the same as the Retreat procedures. During Reveille, military personnel should assume the position of parade rest, and then come to attention and render the hand salute during the playing of "To The Colors." All Security Forces members have been reminded of this fact.



Achievers

Outstanding Unit Award for 80th FTW

The 80th Flying Training Wing was awarded the 2001 Air Force Outstanding Unit Award Dec. 17. The award covered specific accomplishments of the 80th FTW from July 1, 1999, to June 30, 2001. The wing's top accomplishment was superlative performance by the Euro-NATO Joint Jet Pilot Training program.

82nd Support Group

The 2001 annual award winners for the 82nd Support Group were as follows: Airman of the Year—Senior Airman Christine Castillo, Wage Grade Civilian of the Year—Travis Jones Jr., Wage Grade Supervisor Civilian of the Year Charles Green, Civilian of the Year (GS-8 and below)—Brenda Michaud, Civilian of the Year (GS-9 and above)—Benjamin Marrs, Senior NCO of the Year—Master Sgt. Lawrence Rhoades, NCO of the Year—Staff Sgt. Jamie Eichhorn and CGO of the Year—2nd Lt. Chris-

topher Meeker.

The quarterly award winners for October through December were as follows: Airman of the Quarter—Airman 1st Class Janine Scott, Wage Grade Civilian of the Quarter—Gordon Register, Wage Grade Supervisor Civilian of the Quarter—Thomas Finley, Civilian of the Quarter (GS-8 and below)—Richard Brown, Civilian of the Quarter (GS-9 and above)—Steven Cyrus, Senior NCO of the Quarter—Master Sgt. Robert Rico, NCO of the Quarter—Tech. Sgt. Timothy Jenne, CGO

of the Quarter and 2nd Lt. Christopher Meeker.

George Shaver.

82nd Communication Squadron

The annual award winners from the 82nd CS were as follows: Airman of the Year—Airman 1st Class Matthew King, NCO of the Year—Tech. Sgt. Brian Williams, Senior NCO of the Year—Master Sgt. Mark Warren, CGO of the Year—2nd Lt. William DeForest, Civilian of the Year (GS-8 and below)—Randall Peterson and Civilian of the Year (GS-9 and above)—

383rd Training Squadron

The annual award winners for the 383rd TRS were as follows: NCO of the Year—Tech. Sgt. Michael Hornbuckle, Senior NCO of the Year—Master Sgt. James Sedoris, Civilian of the Year—Robin Hart and CGO of the Year—Capt. Carmia Sykes.

Also from the 383rd TRS, Senior Master Sgt. Richard Ellis distinguished himself as a DG from the Senior NCO Academy in December, 2001.



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80th Flying Training Wing holds Spouse Taxi Day

By 2nd Lt. Nathan Broshear
Base public affairs

In order to carry on the 80th Flying Training Wing's ongoing mission Sheppard's skies are consistently busy with instructor pilots and their students flying T-37, T-38, and AT-38 aircraft. On Dec 21, however, attention at the 80th FTW was squarely on the ground as the T-37 instructor pilots (IPs) and their spouses participated in Spouse Taxi Day, an event where pilots taxi their aircraft with spouses on board, to give them an idea of what life is like "back at the office."

Throughout the day, wives were able to tour the 89th Flying Training Squadron and see everything that goes into making the T-37 "Tweet" fly. While the rest of the wing continued their training, family members at the 89th FTS donned flightsuits, parachutes, helmets, and boots to prepare for their ride. After a brief orientation on the

Tweet's systems, the couples taxied for approximately 20 minutes apiece.

Col Ralph Jodice, 80th FTW Commander, explained, "This is really a wing-wide effort. Our contractors, airmen, and crews each contributed extra time in order to put this on. It's an acknowledgement that we can't do our job without our spouses."

For many, today was reward for years of sacrifice. "It's great to share this thrill with my best friend. It's a small thing we can do for all of the sacrifices they make for our career," said Capt Steve Anderson, an IP with the 89th FTS.

His wife Beth echoed his thoughts, "It's great to share these moments with Steve. He's home a lot now as an instructor, but I know once he's back in another plane he'll be gone a lot."

"I wish we could fly!" a popular sentiment expressed by Flight Commander Capt Erdal



Capt. Alaric Michaelis buckles in his wife Lana during their pre-flight. (Photo by 2nd Lt. Nathan Broshear)

Kaydul's, wife Sevilay. Unfortunately, Air Force policy does not allow that, but by allowing the spouses to taxi, they gain a greater appreciation of what it takes to be a military aviator.

Spouse Taxi Day is held periodically throughout AETC to help forge strong bonds between instructor pilots families,

their units, and to better explain the training mission to spouses.

Col Jodice explains, "Long training is an investment... just seeing the thrill today gave these families is the payoff. By focusing attention on the role of the entire family unit, everyone can get excited about our mission!"

Martha Testerman, wife of Maj Patrick Testerman, an Assistant Section Commander at the 89th FTW, best summed up the day, "It's not as easy as it looks. Having steered the plane, I've got a whole new perspective on what it takes to fly with these students."

80th FTW salutes Cessna in Kitty Hawk Air Parade

By 2nd Lt. Nathan Broshear
Base public affairs

Cessna Aircraft Co. built its reputation on reliable, lightweight, and affordable civilian aircraft such as the Cessna 172. Yet, one of the most ubiquitous and familiar airframes in the Air Force, the T-37 "Tweet" was also designed and manufactured by Cessna. On Dec. 17, 5 Sheppard T-37s participated in the Kitty Hawk Air Parade to honor Cessna Aircraft and the 98th annual celebration of the Wright brother's first powered flight.

Each year, the Kitty Hawk airshow honors a different organization or manufacturer. This year, Cessna was in the spotlight. "It's a real treat to fly in an aerial formation with everything from Tweets, to F-15s, B-2s, to Cessna 172s! There were 21 planes in the air at one time...it's quite amazing," explained, Maj Patrick Testerman, an assistant

section commander with the 89th Flying Training Squadron, the Air Force's largest T-37 squadron.

Nine Sheppard pilots made the long trek to Seymour-Johnson Air Force Base in North Carolina for the air-parade, using the mission not only for the airshow, but to fulfill part of their cross-country flying requirements.

"The Kitty Hawk Air Parade was an opportunity for our pilots to fulfill a portion of their training, see some operational bases, and participate in an event like this...it just makes sense to leap at this sort of chance," said Col Ralph Jodice, 80th Flying Training Wing Commander.

Cessna aircraft was founded in 1927 by Clyde Cessna, a self-taught aviator and airframe designer. Cessna later became known for its cantilever wings and inexpensive personal aircraft often used to teach new

pilots. "As an introductory jet trainer, every US Air Force and ENJJPT pilot becomes intimately familiar with the T-37. It's a big leap from the *Wright Flyer* or the *Cessna All-Purpose* and important part of our aviation history," adds Col Jodice.

As the former commander of the 4th Ops Group at Seymour-Johnson, Col Jodice was on the short list of commanders asked to participate in the event. The Kitty Hawk Air Parade is put on by the *First Flight Society*, a civic group dedicated to honoring and preserving the Wright Brothers National Memorial and aviation heritage. Seymour Johnson AFB helped to coordinate the event, providing ramp space for aircraft from around the country and loads of North Carolina hospitality.

T-37s have never been known for their ability to fly long distances, in fact, it has the shortest range of any

jet in the inventory. This made the trip to North Carolina a test of both navigational skills and endurance. The arduous journey took 3 stops and 13 hours, a dramatic change from the local training conditions.

For Sheppard's First Assignment Instructor Pilots (FAIPs), the mission was a chance to see the F-15E and get to know other pilots in the operational world, as well as experience the rigors of long-haul travel. Capt Vitt, a FAIP with the 89th FTS rated the mission a resounding success, "In the operational world, we'll have to deal with long hauls like this when we go overseas or cross-country. This is a taste of what we'll face later on. There's no better teaching tool than first-hand experience."

Wichita Falls Independent School District poses bond issue

Education in the United States, and in particular in Texas, is changing every day. New state accountability standards and curriculum requirements are challenges facing school districts today. With the constant stretch of the local tax dollar, shifting population in Wichita Falls, and no additional revenues to fund new educational standards from the state, the WFISD Board of Trustees began a long and tedious process of evaluating the current school facilities in January, 2001. With the hiring of PBK Architects, a reputable architectural firm specializing in educational facilities, the board began discussing the future of school facilities through a Master Plan designed for years to come. Like the military, WFISD recognizes that it must evaluate and plan facilities for the future.

What did the study find? It found that none of the WFISD school facilities, including Sheppard Elementary, meet state and federal standards. Schools in Wichita Falls were built primarily in the 1920s, 1950s, and 1960s. Sheppard Elementary was built in 1953. The simplicity of school facilities and demands on teachers then were much different from the needs and demands of today. Since the time that the majority of WFISD schools were built, the following changes have occurred in Texas education:

- special education is now in classrooms.
- sick rooms are needed for school nurses to provide medical attention to students.
- counselors and social workers provide services to children during the school day.
- mentors visit with children during the school day.
- tutors provide one-on-one instructional aid to children.
- specialty programs like Gifted and Talented meet during the day.
- Pre-K is now offered in public schools.
- The Americans with Disabilities Act, a federal law, requires

accessibility of facilities to those with disabilities.

On the educational horizon, Texas will soon test elementary students in hands-on science. This will demand science labs at the elementary level. The state may soon mandate physical education for every elementary student. The new type of physical education requirement is not "recess" but structured exercises and activities to reduce the health risks of obesity and Type II diabetes among Texas elementary children. Space to do these activities is currently not available on most of the elementary campuses.

Where does Sheppard Elementary fit into this Master Plan? The WFISD is supportive of Sheppard, and this plan provides the best possible education for all children in Wichita Falls and at Sheppard Air Force Base. A historical look at enrollment numbers in the upper grades at Sheppard Elementary reveals a declining trend of children in those grades. Such a trend can have an adverse effect on the educational opportunities available to students on a small campus. After studying the facility needs and reviewing educational requirements, the board recommends through the Master Plan that Sheppard Elementary provide Pre-K through third grade classes. Fourth through sixth grade Sheppard students would attend those grades at neighboring Kate Haynes Elementary, a Pre-K through sixth grade facility. This consolidation at the fourth through sixth grade levels will allow more educational opportunities for Sheppard AFB children, such as:

- more children in gifted & talented and other specialized programs means more interaction among children and teachers in those programs.
- departmentalized classes with specialized teachers for all children.
- more opportunities in Fine Arts & Music for all children.

What would this move mean to Sheppard Elemen-

tary? This move allows Sheppard Elementary the room and ability to specialize in the primary grades. Without question, a student's most formative years are in the primary grades where a good educational foundation is important. Sheppard Elementary will provide an outstanding foundation to the children. With the additional room, Sheppard's renovations will meet science standards, air quality standards, and create an activity room where small children can exercise. The bond would appropriate \$816,495 for Sheppard Elementary.

Who is eligible to vote? Any registered voter living in the Wichita Falls ISD who holds a valid voter registration certificate.

When and where do I vote? The bond election is Feb. 5 with early voting starting Jan. 19 (see election schedule below).

When will this plan be implemented? If the bond issue passes, planning for the transition would be immediate. However, Sheppard students would not be moved to Haynes until all necessary renovations and remodeling at Haynes have been completed. The projected completion date would be in five years.

In the early 1950's, WFISD committed to provide a quality educational system to military chil-

dren through Sheppard Elementary. That commitment is strong and prevalent today through this Master Plan designed to provide the best educational environments for all children and teachers for the next twenty-five to thirty years.

Those with questions or concerns, please do not hesitate to contact the WFISD public information office at 720-3252.

Early voting dates, times and locations:

Jan. 21-Feb. 1 Monday-Friday 8 a.m.-5 p.m., WFISD Education Center 1104 Broad

Jan. 21-Feb. 1 Monday-Friday 8 a.m.-5 p.m., Wichita Falls City Hall 1300 7th St., First Floor

Temporary voting dates, times and locations:

January 19 7 a.m.-9 a.m., Multi Purpose Event Center 1000 5th St.

January 20 2 p.m.-4 p.m., Ben Franklin Elementary 2112 Speedway

January 24 6 p.m.-8 p.m., Austin Elementary 1309 13th St.

January 25 7 p.m.-9 p.m., Rider High School 4611 Cypress

January 29 7 p.m.-9 p.m., Wichita Falls High School 2149 Avenue H

January 31 6 p.m.-8 p.m., Fain Elementary 1562 Norman

February 1 7 p.m.-9 p.m., Wichita Falls High School 2149 Avenue

H Precinct number and polling place

10 & 12-MSU Hardin Administration Bldg. 3400 Taft Blvd.

11 & 46-Jefferson Elementary 4628 Mistletoe Drive

13-McGaha Elementary 1615 Midwestern Pkwy.

15-Fain Elementary 1562 Norman

16-Fowler Elementary 5100 Ridgecrest

17 & 21-Kate Haynes Elementary 1705 Katherine

18-TX Dept. of Transportation 1601 Southwest Pkwy.

30 & 37-Martin Luther King Center 1100 Smith St.

31-WFISD Education Center 1104 Broad St.

34-Lamar Elementary 2206 Lucas

35 & 38-Kate Burgess Elementary 3106 Maurine

36-Salvation Army Community Center 2900 5th St.

40 & 43-Sam Houston Elementary 2500 Grant

41-Region IX Education Service Center 301 Loop 11

42-Ben Milam Elementary 2960 Stearns

44-Cunningham Elementary 4107 Phillips

45-Crockett Elementary 3015 Avenue I

CESSNA

Continued from Page 3

The route home was a particularly valuable experience. "We had a series of thunderstorms roll in, so we had to scrap our flight plans and divert farther south. For the FAIPs it was good practice on being flexible and planning on-the-fly," said Maj Gianfranco Adamo.

Maj Adamo, an 89th FTS Instructor Pilot from the Italian Air Force, was

happy for the change in scenery, "I was the only pilot from Europe on this trip. It's very different flying around Texas and the other parts of America."

On the 100th anniversary of the Wright Brother's flight (Dec. 17, 2003) a reproduction of the Wright Flyer will re-enact the 12-second first flight. A huge celebration at Kitty Hawk is planned, "and hopefully, we'll be there!" added Capt Vitt.

The pilots who participated in the Kitty Hawk Sa-

lute to Cessna were as follows:

Maj. Patrick Testerman, 89th FTS; Maj. Gianfranco Adamo (ITAF), 89th FTS; Maj. Greg MacDonald, 89th FTS; Capt. Peter Vitt, 89th FTS; Capt. John Barrett, 80th OSS; 1st Lt. Gary Greicar 89th FTS; 1st Lt. Scott Campbell, 89th FTS; 1st Lt. Brandon McBrayer, 89th FTS; 1st Lt. Joshua Platt, 89th FTS.

DREAM Week coming soon to Burkburnett High School

Each year Burkburnett High School provides an opportunity for 11th grade students to spend one week working in a business environment that is closely related to their career interests. This year, Discovering Real World Experiences and Meeting Challenges, or DREAM, Week will take place Feb. 19-22.

Every year, the high school asks businesses to volunteer as site sponsors for their students. Sheppard has been the leading sponsor in the past. "We hope Sheppard will again accept our

students into their shops and offices," said coordinator Wanda Smith. Smith noted, "Without Sheppard's outstanding support, our DREAM Week program would not have received the accolades it got last year from state-level agencies."

Burkburnett's program was recognized as one of the "Best in Class" at the statewide Tech Prep and School-To-Work Conferences last year. Officials at the school said the recognition was, in large part, because of the support the Texoma community pro-

vided through the on-site work opportunities.

Sheppard hosted more than 50 students last year.

The DREAM Week program is designed to help students:

- understand that knowledge and skills used in school are also used in the workplace.

- encourage critical thinking, teamwork, communications and problem solving skills.

- learn about specific occupational requirements

- make informed career decisions based on actual

work experience.

While the 11th grade class will gain work experience, other students will take field trips to different career area businesses, and the entire school will participate in seminars by visiting speakers on Feb. 22.

Smith again noted Sheppard's support last year when nearly 60 students visited the 366th Training Squadron, the 882nd Training Group, and received a K-9 demonstration from the 82nd Security Forces Squadron. More than 40 Team Sheppard

members led seminars at the high school about their specific career fields.

Burkburnett High School hopes to place 60-70 11th grade students in a variety of career areas at Sheppard. They also would like the base to support a field trip one day during DREAM Week, and provide career area seminar leaders on Feb. 22. Individuals interested in being sponsors should contact their unit POC, or Mr. Mike McKito, at 6-2268. (*Courtesy of Burkburnett High School*)

Volunteers needed for neighborhood watch program

The 82nd Security Forces Squadron is looking for people to volunteer to be block mayors and housing presidents in Bunker Hill, Capehart and Wherry housing, as part of a neighborhood watch program.

The goal of the program is to help reduce crime in base housing areas. It is community-run, and works in conjunction with the 82nd SFS. Neighborhood watch allows residents to act as security forces liaisons. Each housing area will have a housing president, who will be responsible for the block mayors.

The three housing areas are divided into sectors, and each sector has a block mayor. There are a total of 13 sectors: four in Wherry, five in Bunker Hill and four in Capehart.

Each president, through the block mayors, will filter information from security forces to the base populace. Additionally, the president, again through block mayors, will inform security forces of housing resident concerns.

Block mayors are responsible for briefing all residents in their sector on security forces programs available to them. They will report any problems, suggestions or concerns to

the housing president, who will forward them to security forces.

Volunteers attend a training class covering their responsibilities. During the class, they are taught observation techniques, as well as how to recognize and identify suspicious activities, sounds or people.

Presidents and mayors are not law enforcement officials. Their responsibility is to facilitate problem solving at the lowest level possible. However, block mayors can help mediate problems among housing residents. This precludes direct involvement by security forces, first sergeants or commanders, while simultaneously maintaining peace and order within the housing areas.

Any housing residents interested in volunteering for this program should call Master Sgt. Byron Harps at 6-2106, or Staff Sgt. Jamie Eichhorn at 6-5164. *(Courtesy of the 82nd Security Forces Squadron.)*



The justice files:

Sheppard courts-martial

Courts-martial

On Dec. 12, an airman basic from the 384th Training Squadron was tried by special courts-martial. The airman was charged with one count of attempt to wrongfully use some amount of methyenedioxy-methamphetamine (ecstasy), a Schedule I controlled substance.

The airman was found guilty by officer members and sentenced to six months confinement, forfeiture of \$695 pay per month for six months and a reprimand.

During calendar year

2001, a total of 52 courts-martial were processed. The most prevalent offenses were as follows: absent without leave more than three days, less than 30 days; use of Schedule I, II, or III controlled substances (Schedule I being considered the most severe of controlled substance offenses); wrongful use of marijuana; violate other general order; willful dereliction of duty; larceny of nonmilitary goods valued more than \$100; absent without leave more than 30 days. *(Courtesy of the 82nd Training Wing legal office)*

Holiday house winners announced

The holiday house winners for 2001 were announced recently by Col. J. R. Tillery, 82nd Support Group commander. One family housing unit from each housing area was selected on Dec. 17 from the 1,288 housing units on base. Criteria for selection of the award was originality, creativity and compliance with the Christmas decoration policy.

The winner in Capehart was Tech. Sgt. Brett Willey, 365th TRS. The Bunker Hill winner was Master Sgt. James Flower, 82nd AMDS. Tech. Sgt. Brian

Kennedy, 882nd TRSS, was the winner in Wherry. The winners of the contest received a yard sign designating them as the winner, a \$25 gift certificate from AAFES and discount coupons from the 82nd Services Division.

Tillery said he would like to thank everyone for participating in the holiday house competition. *(Courtesy of the 82nd Civil Engineer Squadron)*

TRICARE Prime members can now transfer enrollment to other regions

TRICARE Prime members who will be moving out of town, going away for the winter, changing stations, sending a child off to college or retiring can now take TRICARE Prime with them.

Called "enrollment portability," this feature of Prime allows members to continue their enrollment without interruption when they relocate from one Prime region to another.

Benefits for active-duty family members

Enrollment portability will help members whether their move is short-term or long-term.

There is no limit to the number of transfers for active-duty family members (active-duty family members do not pay an enrollment fee).

Benefits for retirees and non-active duty family members

Retirees may transfer enrollment twice during an enrollment year, as long as the second transfer is back to the original region of enrollment.

Retirees, their families and survivors never pay more than the family enrollment fee of \$460, no matter how many family members enroll. In order to transfer enrollment, fees must be current.

Enrollment fees transfer with the member, but are nonrefundable, during a move.

Family members who live apart can enroll together and pay only one family enrollment fee. This saves families money if their children attend colleges in other states,

or if their children live with a former spouse out of the area.

How to use Portability

Before a move, members should stop by their local TRICARE Service Center or call 1-800-406-2832 for advice about transferring their enrollment.

Not all areas offer TRICARE Prime, so members must check with their local TRICARE Service Center to see what options will be available in their new area.

Members should not disenroll before they leave, but transfer their TRICARE Prime enrollment when they arrive at their new home.

Those who need health care coverage while moving should call the Health Care Finder at 1-800-406-2832 for an authorization.

Upon arrival at their new location, members must contact the nearest TRICARE Service Center or military treatment facility to select a new primary care manager and to complete an enrollment application. This way, there will be no break in health care coverage during a move.

For more information about enrollment portability, call 1-800-406-2832, pick up a portability brochure at the nearest TRICARE Service Center or beneficiary services office or visit the Website at www.healthnetfederalservices.com.

(Courtesy of the TRICARE marketing department of Health Net Federal Services)

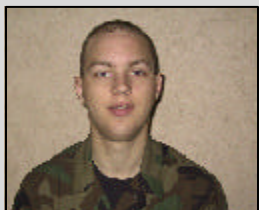
Soundoff

What's your New Year's resolution?



*"To quit smoking,
budget my money
better, and exercise
regularly."*

—Airman Gisela Carrion



*"Learn to speak
Russian, have fun and
stay out of trouble."*

—Airman Hal Hibben



*"Make rank as quickly
as possible...be promotable
material...do well at my
next duty station."*

—Airman Horace Benford



*"To work out
more...that's it...other
than that, I'm perfect."*

—Airman Mary Graham



*"To graduate from
Comm School, go to
Germany, and hopefully
become an officer."*

—Airman James
Gardner

Views: Troops may be closer to college degree than they realize

By Arthur Dunn

982nd Training Group

Have you ever considered how close the average Air Force member is to a degree? As a supervisor, have you reminded yourself lately that education is one of the main reasons many people join the Air Force, and that assisting in degree completion efforts will pay both short and long-term dividends?

The roadmap to getting a degree is readily available at Sheppard's base education office. By encouraging your troops to make an appointment there, and giving them the time they need to sit down with an education services counselor, you'll be able to provide first-hand evidence that airmen are, indeed, closer to a legitimate college degree than they may have suspected. An appointment can determine how many credits they already have, which credits apply where, how many credits are still needed, and ways to obtain additional credits.

Educational opportunities are there for our folks to take advantage of. Surveys show that more than 40 percent of our recruits join because of educational benefits, and that 97 percent of all enlistees indicate education as an important goal — helping them to succeed in this area is the right thing to do.

Take a quick look at typical academic options. The Air Force, in conjunction with local colleges, offers classes and other credit opportunities that will fit into almost anyone's schedule. Some options include night and weekend classes; computer-based or internet courses; and testing through several nationally-recognized programs like the College Level Examination Program (CLEP). More than 70 percent of active



MSgt Richard Lopez (right), 982nd Training Group engine instructor, instructs four students from the 18th MXS propulsion section, at Kadena Air Base, Japan, using the video imaging borescope. The students receive college credit for the course through the Community College of the Air Force. (Courtesy Photo)

duty graduates from the April 2001 CCAF graduating class applied testing credit toward degree requirements.

It's likely that an enlisted member who's been through basic training, tech school, a field training (FTD) course or two, upgrade training, Airman Leadership school and the NCO Academy, is only a few credits short of graduating, since most CCAF degree requirements are satisfied through the normal military training cycle. Imagine, gaining an associate's degree just by sitting through a few college classes!

Think of the benefits. Statistics show CCAF-degreed students are above national norms in technical competence, reading, writing, science and critical thinking. Again, since education is so important to most of our troops, help them to obtain their goal! Think of the morale boost this will provide, and the potential benefits to retention. Airmen can strive for, and obtain, both technical competence and academic achieve-

ment at the same time.

Scheduling that trip to the base education office can be the first step toward boosting an individual's self-esteem and improving future job performance. Plus, CCAF dividends continue for Air Force members after they leave active duty, too. Retirees will take with them years of experience, along with a transferable, marketable record of valuable college credit.

Finally, the Air Force, whether after a period of four, 20, or 30 years, returns a highly trained person to the nation's pool of skilled human resources.

Continuing education enhances mission effectiveness and helps personnel to meet their educational goals, while supporting the career transitions of Air Force enlisted members into the civilian marketplace. The chance to earn a job-related associate's degree can enhance the "3-R's" - recruiting, readiness and retention. Truly, the CCAF degree program is a win-win situation for our Air Force, both now and in the future.

Briefs

MLK Day service

The south chapel will hold a Martin Luther King Day service Jan. 18 at noon. Col. Joe Harrison, 82nd Training Wing vice commander, will be the guest speaker.

Falls Telephone Directories for 2001-2002 have been delivered and are ready for pickup at Bldg. 24. For more information, call at 6-2054.

Housing office stresses bus stop safety

Everyday, children are dropped off and left unattended at bus stops in family housing. The base housing office reminds parents that they have a responsibility to make sure their children behave appropriately and don't damage people's property. They are also encouraged to stay at the bus stop, when possible, to make sure their children are keeping safety in mind at all times.

Tax law lecture

Craig Anderle of Mathis, West & Huffines CPA Firm will be lecturing at the officers club on the 2001 tax law changes at 11:30 Thursday. All are invited to attend. The lecture is sponsored by the Red River Chapter of the American Society of Military Comptrollers. Anyone interested should contact Maj. Keith Graham at 6-6780 by Monday.

Sheppard Officers' Spouses Club meeting

The Sheppard Officers'

Spouses' Club will hold an informal coffee meeting at the home of Jan Collings on Wednesday at 10:00 AM. There is no charge; however, reservations are required by noon Monday to Laura Howard at 851-6682 or Betsy O'Connor at 691-7542.

Awards banquet

The 82nd Training Wing's annual awards banquet will be held Feb. 2. The guest speaker will be Chief Master Sgt. Robert Martens, AFSOC command chief. Those interested in attending should contact their first sergeant for tickets and additional information.

Bowl-a-thon

The Sheppard-Falls NCOA Chapter 1419 will be having a bowl-a-thon Jan. 29 at the south lanes. The \$10 cost includes three games and a meal. For more information, call Master Sgt. Olmstead at 6-6214, Master Sgt. Durst at 6-5333 or Tech. Sgt. Johnson at 6-5339.

Holiday lights reminder

The base housing office wishes to remind all housing residents that Sheppard's holiday decorating policy states that all decorations must be removed by Jan. 14.

TRICARE travel benefits

Non-active duty Prime or TRICARE Senior Prime beneficiaries may be reimbursed for travel expenses when referred by their primary care manager more than 100 miles one way for medical care. Receipts for all expenses are required for claim. This entitlement is retroactive to Oct. 30, 2000.

For more information, call beneficiary services at 6-4413 or 6-604.

ASCP commissioning program

Airmen interested in the Airman Scholarship and Commissioning Program should visit the AFROTC Web site at <http://afoats.af.mil> or the education services center, Bldg. 402, Room 306, or call 6-6231.

Telephone directories

The new Greater Wichita

Tax assistance available for military members

By Shirley Vogel
Base legal office

Once again, tax season has arrived with the coming of the new year. The Tax Assistance Office has a variety of services available to assist active duty members, retired service members and military family members with the filing of federal and state returns. Listed below are some of the major services and resources available to community members to help make this year's filing as stress-free as possible.

Unit tax advisors:

Most squadrons have at least one unit tax advisor ready to assist military members with income tax returns. The UTAs are trained by representatives of the Internal Revenue Service and have completed a comprehensive examination and become certified Volunteer Income Tax Advisors. Military members are strongly encouraged to seek assistance from their UTAs before going to the Tax Assistance Office. Interested members should check with the unit personnel clerk to identify their UTA.

Tax assistance office:

Beginning Monday, free assistance with completing federal and state tax forms, along with free electronic filing, will be available on a walk-in basis, Monday through Friday, 9 a.m.-6:30 p.m., with 4:30 - 6:30 p.m. reserved for instructors and students. Appointments can also be made Mondays, Wednesdays and Fridays from 9 a.m.-noon. Those who would like an appointment should call 6-4262. The office is in Bldg. 402, Room 154.

Required documents:

Before visiting with a UTA or the Tax Assistance Office, members should be sure to have complete supporting docu-

mentation for their tax return. The following documents are necessary to process the return:

- W2 (wage and tax statement from all employers). Federal law prohibits using the December 2001 Leave and Earnings Statement as a substitute.

- Form 1099 for interest, dividends, and miscellaneous income.

- Social Security cards for all family members, including children.

- Legal documents – divorce decrees, separation agreements, and powers of attorney are

needed if someone will be signing the return in place of a spouse or acting as an agent of another person.

- Bank account number and bank routing number.

- A childcare provider's name, address and tax identification number and payment receipts for those planning to claim the child and dependent care credit.

- Documentation for those planning to claim the education credit.

- The amount of the tax rebate received during 2001.

- A copy of the member's

2000 tax return.

The leading cause of delay in electronic filing at Sheppard last year was a problem with social security numbers. Now is the time to be sure that all of the individuals on your tax return have their accurate and complete social security numbers. It is important that the names on the cards and the names on the tax returns are the same. Those who have not changed their social security card to indicate their married name must alert the Tax Assistance Office.

Those who want to change

the name on their social security card, or obtain a card for a new baby, should visit the local Social Security Office, located at 1000 Burnett Street, Wichita Falls, or call 322-5215.

Those who are under the age of 18 or who have been living with their parents during the past year, should be aware that their parents have a right to claim them on their taxes. People whose parents will be claiming them must let the tax office know at that time.

For more information, call the tax assistance office at 6-2986 or the legal office at 6-4262.

82nd MDG raises glaucoma awareness

By Dr. (Maj.) Roger Benjamin
82nd Medical Group Optometrist

Glaucoma is the third most common cause of blindness in the United States, and more than 80,000 Americans are blind from this disease, according to the American Optometric Association. During the month of January, eye care month, the 82nd Medical Group and health care professionals throughout America are working to raise glaucoma awareness and to educate the public on risk factors and the importance of early detection.

What is glaucoma?

Glaucoma is a condition in which the pressure of fluid within the eye rises to a point where damage to the optic nerve occurs. This damage can result in loss of vision.

There are several types of glaucoma, but the most common type is open angle glaucoma.

In open angle glaucoma, the drainage network within the eye does not work properly and the fluid in the eye does not drain adequately. Fluid is still produced, but cannot escape, and the pressure builds up inside the eye. This process is slow initially, and may not cause any symptoms.

If glaucoma goes untreated, it can cause irreversible damage and loss of vision. This is why early detection with routine eye exams is so important.

Several factors increase the risk of developing glaucoma. Age is a major risk factor, with chances of developing the disease increasing by 4 to 10 times higher after age 50.

Race is another risk factor for glaucoma. Glaucoma damage is uncommon before the age of 50 in Caucasians, but may occur a decade earlier in African-Americans.

A family history of glaucoma also increases the risk of devel-

oping glaucoma. Individuals who have close relatives with the disease have a risk three to six times greater than the general public of developing glaucoma. Diabetes also increases the risk of glaucoma. Gender is not a risk factor.

Although glaucoma is not a curable disease, early detection and treatment are effective in reducing or preventing further damage and vision loss.

Glaucoma screening testing is done during routine eye examinations, and these exams and follow-ups can save patients' vision.

Many people assume that

because they see "20/20," both near and far, they are safe from eye disease. Because there are no symptoms in the early stages of glaucoma, people may actually have the disease long enough for permanent damage to occur before seeking any treatment.

What can be done to help prevent glaucoma?

Those who have any of the risk factors for glaucoma, and have not had an eye exam within a year, should schedule an appointment for an exam by calling central appointments at 6-1847.

General activities

Women's Self Defense Class

The Community Activity Center will host a women's self-defense class, instructed by Harley Elmore of Warrior's Way, January 19 from 11 a.m. to 2 p.m. for ages 16 and up. The Registration deadline is Thursday. There will be individual attention given while techniques are being shown. Participants are advised to wear comfortable clothing for this class. For more information call 6-3866.

Upcoming trips

Grapevine Mills

Information, tickets and tours will sponsor a trip Saturday to go ice skating at Polar Ice and shopping at Grapevine Mills. The cost is \$23 per person. The trip departs from the community center at 9 a.m.

JFK Museum and Medieval Times

Information, tickets and tours will sponsor a Jan. 26 trip to the JFK Museum, West End and Medieval Times. The cost is \$59 per person. The trip departs from the community center at 9 a.m. Those interested should register no later than Jan. 22.

Club activities

Comedy jam at e-club

The enlisted club will present the Martin Luther King Jr. Weekend Comedy Jam 2002. Comic view comedians D'Militant and Lonie Love will perform at the enlisted club ballroom Jan. 18. Walt-Bruce, new to the comic view comedians team, will host the event. Doors open at 7:30 p.m., and the show starts at 8 p.m. Tickets are \$5 for club members and \$8 for nonmembers. Reserved seating is available with advance ticket purchase. The show is for mature audiences. For more information call 6-6427.

Boss & Buddy Night

The enlisted club will host "Boss and Buddy Night" Tuesday from 5

to 8 p.m. The club will feature drink specials, free food and relaxed atmosphere. For more information, call 6-2083.

Officers club consolidated dining specials

The officers club offers consolidated dining. All ranks are welcome. This month's specials include: Prime Rib for \$10.95 and \$12.50 every Thursday from 5:30 to 8 p.m. A la carte dining is also available every Thursday from 5:30 to 8 p.m. and Friday from 5:30 to 9 p.m. Call 6-6460 for more information.

Enlisted club dining

The enlisted club will be open for dining in the Chiefs and Diamonds room Wednesday and Saturday nights from 6 to 10 p.m. The club managers special offers two dollars off the food or beverage item of the customer's choice with a minimum four dollar purchase. The enlisted club also offers several meeting rooms for private bookings and special events. For more information, call 6-2083.

Big Bucks Club Card drawings

Officers club and enlisted club members are now eligible for the Big Bucks Club Card drawings held every Friday from 6 to 7 p.m. at both clubs.

Enlisted club music night

The enlisted club will host motown, blues and jazz night every Sunday from 6 to 11 p.m. Call 6-2083 for more information.

Squadron Dart Championship

The enlisted club will host a squadron dart championship Saturday at 6 p.m. For more information, call 6-2083.

E-club hours

The enlisted club observes Martin Luther King Day Jan. 20 with extended hours in the main lounge from 8 p.m. to 2 a.m. For more information, call 6-2083.

At the Flicks

Friday 6:30 p.m.

Out Cold

Friday 9 p.m.

Black Knight

Saturday 2 p.m.

Out Cold

Saturday 4:30 p.m.

Black Knight

Saturday 7 p.m.

Harry Potter

Sunday 2 p.m.

Out Cold

Sunday 4:30 p.m.

Harry Potter

Thursday 6 p.m.

Harry Potter

This schedule is subject to change without notice. For movie information, call 6-4427.

Out Cold (PG-13) – Flex

Alexander, A. J. Cook – Small town buddies live to snowboard on Bull Mountain.

Black Knight (PG-13) –

Martin Lawrence, Tom Wilkinson – Jamal works unhappily at a dilapidated theme park called Medieval World. After falling into the park's moat, he crawls out into fourteenth century England.

Harry Potter and the

Sorcerer's Stone (PG) – Daniel Radcliffe, Sean Biggerstaff – Harry Potter, who lives with his bullying uncle and callous aunt, learns that he is really the orphan of two wizards and has magical powers of his own. He is admitted into the Hogwart's School of Witchcraft and Wizardry

Chapel Schedule

Student Programs

Tuesday, 10 a.m. and 4:15 p.m., chapel rope meeting, North Chapel
Saturday, 5 p.m., Solid Rock Cafe, South Chapel
Sunday, 5 p.m., Student bible study and activity night, North Chapel

Catholic Activities

Mass

Saturday, 5 p.m., North Chapel
Sunday, 9 a.m., North Chapel
Sunday, noon, North Chapel
Mon.-Fri., 11:30 a.m., Hospital Chapel

Religious Education

Sunday, 10:20 a.m., classes for preschool through adult

Reconciliation

Saturday, 4-4:30 p.m., North Chapel

Protestant Activities

Worship Services

Wednesday, 11:30 a.m., Liturgical Communion, South Chapel
Sunday, 9 a.m., Liturgical Communion, South Chapel
Sunday, 10:30 a.m., Inspirational Gospel Service, South Chapel

Sunday, 10:30 a.m. Protestant Community Service, North Chapel

Religious Education

Saturday, 5:30 p.m., Growing in God's Grace, South Chapel
Sunday, 9 a.m., classes for ages 3 to adult

Bible Studies

Tuesday, 6:30 p.m., Parish Bible Study, Bldg. 962
Thursday, noon, South Chapel
Thursday, 7:00 p.m., Protestant Women of the Chapel, Bldg. 962
Saturday, 6:30 a.m., Protestant Men of the Chapel Bible study
Second Saturday of month, 8 a.m., Protestant Men of Chapel breakfast

Lay-led Faith Groups

Islamic activities, Friday, 12:45 p.m., South Chapel
Jewish activities, call Maxine Simpson, House of Jacob Synagogue at 322-4177
Latter Day Saints, Sunday, 2 p.m., Hospital Chapel
Mystic Grove Pagan Study Group, Wednesday, 6:30 p.m., Bldg. 962.

For more information, call the base chapel at 6- 4370



A child receives a gift from Santa during the children's Christmas party, hosted by the 382nd Training Squadron, at the East Branch YMCA on Dec. 21. This was the fourth year the squadron put on the party, with 40-50 children from the YMCA daycare, HUD, and after-school programs attending annually. This year, the squadron organized numerous fund raisers, raising more than \$1,400 to buy gifts, treats and stocking items for the youngsters. *(Photo by Lynn Bullard)*

20-year-high pay raise averages 6.9 percent

By Sgt. 1st Class Kathleen Rhem

American Forces Press Service

WASHINGTON, — Service members will see an average increase of 6.9 percent in their January pay.

"It's the largest pay increase in 20 years," Navy Capt. Chris Kopang, DoD director of compensation, said in a recent American Forces Information Service interview.

In general, officers will see their pay increase 5 percent, he said, and enlisted service members get a 6 percent boost in their pay beginning Jan. 1.

Several pay grades will see significantly larger increases.

"We have chosen to target the pay raise to certain pay grades that we feel need an extra boost because of retention needs," Kopang said. For instance, officers in grades O-3 and O-4 will receive 6 and 6.5 percent increases respectively.

BASIC PAY - Effective January 1, 2002 ²⁾																	Basic Allowance for Housing (BAH) & Diff)		
Cumulative Years of Service*																	W & De	Withcol	BAH
Pay Grade	Under 2	Over 2	Over 3	Over 4	Over 5	Over 6	Over 7	Over 8	Over 9	Over 10	Over 11	Over 12	Over 13	Over 14	Over 15	Over 16	Percent	Quota	Diff
O-1 ¹⁾																	11,501.95	11,557.20	11,951.20
O-2 ¹⁾																	10,145.55	10,293.80	10,554.80
O-3 ¹⁾																	8,735.85	8,875.85	9,075.85
O-4 ¹⁾																	7,418.70	7,558.70	7,758.70
O-5 ¹⁾																	6,373.70	6,513.70	6,713.70
O-6 ¹⁾																	5,448.80	5,588.80	5,788.80
O-7 ¹⁾																	4,638.30	4,778.30	4,978.30
O-8 ¹⁾																	3,938.30	4,078.30	4,278.30
O-9 ¹⁾																	3,338.30	3,478.30	3,678.30
O-10 ¹⁾																	2,838.30	2,978.30	3,178.30
O-11 ¹⁾																	2,438.30	2,578.30	2,778.30
O-12 ¹⁾																	2,138.30	2,278.30	2,478.30
O-13 ¹⁾																	1,938.30	2,078.30	2,278.30
O-14 ¹⁾																	1,738.30	1,878.30	2,078.30
O-15 ¹⁾																	1,538.30	1,678.30	1,878.30
O-16 ¹⁾																	1,338.30	1,478.30	1,678.30
O-17 ¹⁾																	1,138.30	1,278.30	1,478.30
O-18 ¹⁾																	938.30	1,078.30	1,278.30
O-19 ¹⁾																	738.30	878.30	1,078.30
O-20 ¹⁾																	538.30	678.30	878.30
O-21 ¹⁾																	338.30	478.30	678.30
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PAY

Continued from Page 18

Non-commissioned officers are also receiving larger raises, Kopang said, with the highest increases — up to 10 percent — going to the highest enlisted grades. Enlisted members in grades E-5 and E-6 will see an average 7.5 percent increase, E-7s an average increase of 8.5 percent, and up to 10 percent for E-9s.

Certain lower-ranking grades also will see increases that have nothing to do with percentages or retention, but to fix inequities in the pay table, he said.

For instance, on the 2001 pay table an E-3 with under two years of service would make more money by going over two years in service as an E-3 than by getting promoted to E-4.

“We thought that sent the wrong signal,” Kopang said. “We wanted to send the signal that people should strive for promotion quicker.”

President Bush in February, 2001, pledged an additional \$1.4 billion to go toward pay raises for service members. He signed the 2002 National Defense Authorization Act, which included the extra money, Dec. 28, 2001. Without this money, Kopang said, members would have gotten a 4.6 percent across-the-board increase at the New Year.

Higher raises for NCOs reflect the changing demographics of a more-educated force. Kopang explained the military pay tables are based on the premise that enlisted members are high school

graduates. Most of today’s enlisted members have some college under their belts. The services strongly encourage members to further their education.

Kopang estimated that up to 40 percent of senior NCOs are college graduates. “We can’t pay them as much as a college degree holder right now,” he said of the senior enlisted grades. The idea, he said, was to bring their earnings closer to civilian counterparts who are high school graduates with some college.

Housing allowance rates have increased as well. In 2001, military members not living in government-provided quarters paid an average 15 percent of their housing costs out of their own pockets. DoD is working to ensure the Basic Allowance for Housing covers all of a member’s housing costs by 2005.

In 2002, for instance, members will pay 11.3 percent of their housing costs out of pocket on average. Housing allowances are tied to actual housing costs in a given geographic area, so some areas are getting larger rate increases than others.

No rates are going down, though. Kopang said DoD has implemented individual and geographic rate protection. Even if housing costs decrease in an area, the rates won’t go down.

Members will not get a lower rate in 2002 than they did in 2001 as long as they stay at the same duty station, and members moving into an area won’t get a lower rate than individuals who live there already, he said.

Support Sheppard’s officers and enlisted clubs. Become a member today.



82nd Dental Squadron describes dangers of oral piercing

By Dr. (Maj.) Catherine Metivier

82nd Dental Squadron

It's not a surprise these days to see some people sporting pierced tongues, lips, or cheeks. AFPAM36-2241V1 9.9, however, discourages active duty Air Force personnel from having body piercings. The surprise for some who elect to have oral piercings is that they can be medically dangerous. Visits to the emergency room or doctor's office are not usually on the minds of those electing to have piercings.

The human mouth contains millions of bacteria, and infection is a common complication of oral piercing. Other side effects include pain and swelling. The most popular piercing site in the mouth is the tongue. If the tongue becomes infected and swells enough to close off the airway, a serious medical emergency ensues. Another important consideration is that regardless of how "experienced" the person doing the piercing claims to be, piercing can cause uncontrollable bleeding and nerve damage. Piercing can also cause nonhealing mouth sores or a tear to the tongue. Piercing can be extremely painful and result in increased saliva flow—even drooling. Healing may take six weeks or longer, especially if there are complications.

Even if the piercing injury doesn't cause the problems mentioned above, one should be aware of the potential hazards that mouth jewelry presents:

■ People can easily choke on any studs, barbells, or hoops that come loose in their mouth.

■ The jewelry can chip or

crack the wearer's teeth.

■ The jewelry can hinder the ability to eat or speak.

It's hard for a person to be cool when they can't pronounce their words, or when pieces of their lunch are stuck to that tiny barbell.

Piercing may be a fashion statement to some; however, it may also involve more than just deciding what jewelry will be attached to the body and where. This decision could have major consequences for oral health and pose serious risks to one's well-being.



Plan for home emergencies

Many people, before going on a trip, plan what to do in case of an emergency. But, how many people do the same for times when they are at home? Here are some ideas to help ensure safety while at home:

1. Make a written plan of emergency actions for your family. Consider actions that

address thunderstorms, floods, tornadoes, lightning, high winds, earthquakes, etc. Update the plan annually.

2. Plan emergency escape routes from your home.

3. Conduct annual fire escape drills involving all members of your family.

4. Designate an outside meeting place.

5. Teach everyone in your family how to use 911 and calmly explain the emergency to dispatchers.

6. Review fire extinguisher use with family members and basic fire safety practices.

7. Have medical information

available near the phone for special needs of family members.

8. Teach adult members of your family how to turn off utilities (gas, electricity, etc.).

9. Make a "survival kit" for your family to include first aid kit, water, radio, batteries, and flashlight.

10. Conduct monthly "safety inspections" of your house to include chemical storage, fire hazards, etc.

Taking just a little time now will help prevent an emergency situation later on. *(Courtesy of the 82nd Training Wing safety office)*

Texas Rangers visit

Several members of the Texas Rangers will visit Sheppard Jan. 22.

They will hold an autograph session from 5-6 p.m. at the main exchange.

In addition, people can register for three give-away trips for two to the Texas Ranger's spring training camp in Port Charlotte, Fla. The trips are sponsored by Destination Arlington (*No federal endorsement intended*).

For more information, call Denise Tilley or Janelle Shroads at 6-2302.

Squadron Cardio Combat

The base fitness centers invite all squadron members to participate in a new fitness

challenge, called Squadron Cardio Combat. By participating in individual exercise regimes, anyone can track their workouts and score fitness points for their squadron. For more information, call the south fitness center, at 6-2972.

Aerobics classes

The AerobiCenter is located in the south fitness center and offers coed aerobics classes seven days a week. Classes are offered as early as 5:30 a.m. and as late as 7 p.m. The classes include low impact, intermediate to advance exercises, floor and step exercises, muscle sculpting and kickboxing. Call 6-2972 for more information.

Basketball registration

Players can register for basketball at the youth center until Jan. 14 or until the teams are filled. Opening day is Jan. 12. The registration fee is \$25 for youth center members and \$30 for non-members. For more information, call 6-2342.

Golf specials

The Wind Creek Golf Course's specials include the following:

Now – Feb. 2 — 2 for 1 Student Special. The cost is \$24 per person and includes golf cart, green fees, and rental clubs for two.

Now – Feb. 2 — Tee 4 – 2. This two-person special is available Fridays only, be-

fore noon. The cost is \$32 per person and includes an 18-hole cart (for two), 18-hole green fee (for two), coffee or tea, and donuts (for two).

For more information, call 6-6369.

R & R: Return to fitness prescription program

Fitness programs are now available for adults over 50. An instructor leads the class through a low intensity and low impact strength training session. Some light aerobics may be involved. The classes are Monday, Wednesday and Friday from 8-9 a.m. at the south fitness center. The south fitness center has free personal trainers and aerobics

classes. For more information, call 6-2972/7491.

MLK basketball tourney

The Eighth Annual Martin Luther King Jr. Men's Basketball Tournament will be held Jan. 19-21 at the north and south fitness centers. The registration deadline is Dec. 20. For more information, call 6-6336/6754.



Duty, Honor, Country: Words To Serve By

By Tech. Sgt. Timothy Carney
365th Training Squadron

Several years ago, while I was stationed in Washington, D.C., I discovered I had some leave to burn off, so I decided to go somewhere I had never been before.

I turned my car north and headed for the U.S. Military Academy in upstate New York, better known as West Point.

During my two days there, I walked the grounds, immersing myself in the rich history and traditions that go back to 1802, the year West Point was established to "...develop leaders of character for the nation, to serve the common defense."

In the 1890s, West Point officially adopted its motto: "Duty, Honor, Country."

To the United States Corps of Cadets, as they are known, these words have embodied the guiding principles of West Point throughout its 200-year history. Instilled in all cadets the day they enter the academy, all are expected to live by these principles during their four years at West Point and throughout their lives.

In today's Air Force, I've discovered by interacting with new and seasoned airmen, that many join the Air Force to get an education, to learn a trade, to travel, or for any one of a dozen other reasons. However, it seems that very few people realize the one reason the Air Force, as well as the rest of the military, exists: to serve and defend the nation.

In today's world, it's very easy to lose sight of that concept. People today want the "American dream"—a good job, lots of money, a loving family and a happy life.

The military certainly pro-

vides excellent educational and job opportunities to take back to the civilian world.

But, many people forget that our country, with its high standard of living and the freedoms that all Americans cherish, has been threatened many times.

The Revolutionary War, the War of 1812, the Mexican War, the Civil War, the Spanish American War, World Wars I and II, Korea, Vietnam, the Gulf War, and most recently the savage and ruthless terrorist attacks of Sept. 11, have all threatened our way of life in one way or another.

But, there to preserve it

fend the United States in time of war as well as peace.

As General MacArthur said in his address to West Point's graduating class of 1962: "Your mission remains fixed, determined, inviolable—it is to win our wars. Everything else in your professional career is but corollary to this vital dedication...that the very obsession of your public service must be duty, honor, country."

Some of you reading this may be brand new to the Air Force, well into your careers, considering re-enlistment or maybe thinking about joining

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—Gen. Douglas MacArthur

over our 226-year history have been countless American soldiers, sailors, airmen, Marines and Coast Guardsmen who served, sacrificed and in many instances died, so that we today can live our lives in happiness and contentment.

General Douglas MacArthur, a 1903 graduate of West Point, once said: "They died unquestioning, uncomplaining, with faith in their hearts...always for them duty, honor, country."

When we chose to enlist in the Air Force, no one twisted our arms, held a gun to our heads or coerced us.

We joined freely, and while many of us may have joined to get an education or learn a trade, we must never lose sight of the real reason we're here: to serve and de-

fend the Air Force or another branch of the military.

Before you raise your right hand and take the Oath of Enlistment, either for the first time or once again, think about what you are enlisting or re-enlisting for.

When you take that oath, you are giving your pledge to protect and defend your families, your friends and your country—with your very lives if necessary.

It is an honorable and noble undertaking, one that must never be taken lightly or with any mental reservation. "Duty, Honor, Country. Those three hallowed words dictate what you ought to be, what you can be, what you will be." General MacArthur, you couldn't have said it any better.